

Name: _____

Date: _____

Anxiety Reduction Worksheet

This worksheet will take you through the seven steps you need to be performing to reduce your worrying. Fill it out soon after you have experienced an anxiety-provoking situation.

1

What made me anxious?

2

How did my body react? (e.g., sweating, rapid heartbeat)

3

What were my thoughts regarding the event?

4

On a scale of 1-10, how anxious did this make me?

5

*What tools did I use to bring down my anxiety? (e.g., deep breathing, mindfulness).
What tools do you think would have been most effective?*

6

Were my thoughts realistic for the situation? If my thoughts were unrealistic, what is a more realistic thought?

7

*Did my behavioral and cognitive skills aid me in reducing my anxiety?
What could I have done differently that would have been more helpful?*